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ABSTRACT

The original edition of the Department of Labor Interest Check List aims at helping students decide what kinds of work they would like and lists activities that are found in a broad range of industries and occupations. The student is advised to read each of approximately 175 items and indicate how he feels about the activity described by placing a check under "like," "uncertain," or "dislike." He is further advised to then go back and indicate at least three activities that he would most like to do, even if he has no training or experience for them. Responses are evaluated with the student by a counselor. (LH)

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ORIGINAL

Interest

CHECK LIST



Name Date

Address or School

It is important to all of us that we like our jobs, because, to succeed, we must be happy and interested in our work.

This Interest Check List may help you decide what kinds of work you would like. It indicates a broad range of activities which are found in most industries and occupations in the United States today.

Read and check each one of the statements carefully. If you think you would "like" to do this kind of activity, make a check ☒ under the "L"; if you "don't like" the activity, make a ☒ under the "D"; if you are not certain whether you would like the activity or not, make a ☒ under the "?".

After you have checked each activity, go back and double check ☒ ☒ at least three activities that you think you would most like to do.

You may check an activity even if you do not have training or experience for it, if you think you would enjoy the work. If you check the "?" this shows you are uncertain, either because you don't know enough about the activity or because you cannot make up your mind whether you like it or not.

After you have filled out the Check List, the Counselor will go over your responses with you to help you discuss further your interests and jobs you would like.

Read each of the items below and indicate how you feel about the activity described by placing a check ☐ under

L (Like)			? (Uncertain)			D (Dislike)		
	L	?	D		L	?	D	
Sketch or paint pictures of people or objects				Perform nursing duties in hospital or home				
Create artistic designs.....				Make chemical or laboratory tests.....				
Arrange or decorate interiors to get pleasing effect.....				Treat animals for injury or disease.....				
Carve objects from clay or stone.....				Prepare medicines according to prescription				
Take photographs for use in advertising..				Conduct experiments in properties of metals or other materials.....				
Design styles for clothing.....				Do medical X-ray work.....				
(228,230,232)			(14,298)	Plan menus for hospitals, schools, or hotels.				
Sing as a paid entertainer.....				(473,418,477,479) (00,01,02,04,07,354)				
Play a musical instrument.....				Prepare financial statements for a company				
Compose or arrange music.....				(252) (160,161)				
Conduct an orchestra or band.....				Assist clients in obtaining legal rights....				
(396,394,496)			(152)	(425) (11)				
Write short stories or books.....				Purchase supplies for large firm.....				
Write articles to influence people's opinions				(484) (162,223)				
Report events or activities.....				Patrol forest lands.....				
Edit or rewrite news items.....				Observe and report weather conditions...				
Write TV and radio scripts.....				Explore and chart earth's crust to locate gas and oil deposits.....				
(522,524,526,528)			(13)	(466,468,413) (02,04)				
Act in a play.....				Plan and design roads and bridges.....				
Dance classical or interpretative dances...				Design tools, machines, and electric equipment				
(392,398)			(15)	Pilot an airplane for a commercial line..				
Comment on news for radio and TV.....				Work out high-speed computer problems using mathematics.....				
Announce radio and TV programs.....				Lay out machinery and plan flow of work in a factory.....				
(522,400)			(15)	(371,468,375,383,385,422) (00,01,02,196)				
Play professional baseball or other sports.				Observe and plot light flashes on radar scope to report air traffic.....				
(402)			(15)	(261) (193)				
Instruct classes of students.....				Draft plans for tools or machines.....				
Show others how to play new sports or games				Make detailed drawings from specifications for buildings.....				
(332)			(09)	Survey land to determine its measurements and contour.....				
Select and catalog books and periodicals..				(377,385) (00,01)				
(276)			(10)	Direct a crew of workmen.....				
Collect and analyze information about community problems.....				Supervise clerical staff in an office.....				
(294)			(05)	Organize and direct operations of a factory				
Advise people about their personal problems				Supervise a group of salesmen.....				
Interview and counsel people about jobs or schooling.....				(460)				
(296,250)			(09,045,195)	Operate office machines such as adding or calculating machines.....				
Conduct public opinion surveys.....				(274,435,447) (20,21)				
Conduct studies on economic problems....				Check bills for errors.....				
(294)			(05)	Figure commissions and expenses.....				
Direct traffic.....				(280,289) (20,21)				
Enforce State and national laws.....								
Direct fire fighting and prevention in factory								
Inspect machines and working conditions to prevent accidents.....								
(416,427)			(37,168,169,441)					

	L	?	D		L	?	D
Make change and cash checks.....	—	—	—	Set tables and serve food and drinks.....	—	—	—
Keep a set of books for a business concern.....	—	—	—	Give shampoos, manicures, and facials....	—	—	—
Type letters and reports.....	—	—	—	Direct patrons to tables in restaurant....	—	—	—
Take dictation in shorthand.....	—	—	—	Give service to airline passengers during flight.....	—	—	—
Keep inventory of material and equipment.....	—	—	—	Operate passenger elevator.....	—	—	—
(280,271,278,287,269) (20,21,22,23,24)				(498) (3)			
Operate a mimeograph machine.....	—	—	—	Plant, cultivate, and harvest crops.....	—	—	—
File reports alphabetically.....	—	—	—	Raise and care for cattle, hogs, horses, and chickens	—	—	—
Sort and deliver letters.....	—	—	—	Cultivate vegetables for market	—	—	—
(289,435,360) (20,21,22,23,24)				Plant and care for flowers, lawn, and shrubbery	—	—	—
Operate a telephone switchboard.....	—	—	—	(411,322) (40,41,42)			
Make appointments and answer telephone.....	—	—	—	Catch large quantities of fish and market them	—	—	—
Make collections from customers.....	—	—	—	Work aboard tugboats, barges, and river boats	—	—	—
Direct customers to proper departments in store	—	—	—	Operate a fish hatchery.....	—	—	—
Talk to customers about complaints.....	—	—	—	(411,322) (43,911)			
(258,269,291) (20,21,22,23,24)				Serve as guide for hunting and fishing trips	—	—	—
Sell furniture in a store.....	—	—	—	Keep lookout for forest fires.....	—	—	—
Sell insurance or real estate.....	—	—	—	(416,505) (44,45)			
Sell building and construction equipment..	—	—	—	Saw, trim, and chop trees in forest areas..	—	—	—
Demonstrate cosmetics for sale.....	—	—	—	(322) (94)			
Canvass homes to demonstrate and sell products	—	—	—	Construct and repair metal machines, parts, and tools	—	—	—
Contact buyer for supermarket to get order for merchandise.....	—	—	—	Work with drills and lathes to cut and shape metal	—	—	—
Sell tickets and make change at theater..	—	—	—	Grind lenses for cameras and microscopes..	—	—	—
Deliver products over an established route.....	—	—	—	Operate machines to saw and shape wood..	—	—	—
Sell merchandise in a variety store.....	—	—	—	Oil, adjust, and repair machinery.....	—	—	—
Conduct tours and act as guide.....	—	—	—	Repair and overhaul automobile engines..	—	—	—
Sell gas and oil at a service station.....	—	—	—	Repair typewriters, calculators, and adding machines	—	—	—
(484,488,258,269,503) (25,26,27,28,29,211,212,353)				Operate textile looms or hosiery-knitting machines	—	—	—
Interview persons to get census information	—	—	—	Operate printing press.....	—	—	—
Question motorists to get information for highway planning commission.....	—	—	—	(430,312,319,435,447) (6,7)			
(250) (249)				Drive a trailer-truck or bus.....	—	—	—
Model clothing for customers.....	—	—	—	Operate cranes and power shovels to move materials	—	—	—
(408) (297)				(444,519) (85,90,91)			
Cook in a restaurant.....	—	—	—	Build and test electronic equipment.....	—	—	—
Plan and prepare meals in a private home..	—	—	—	Install and repair telephone switchboards..	—	—	—
Bake cakes, cookies, and other pastries for customers.....	—	—	—	Repair radio and TV sets.....	—	—	—
Order food supplies for hotel.....	—	—	—	(312) (72,82)			
(310,319) (30,31,52)							
Take charge of playroom for children....	—	—	—				
Organize games and read to small children.....	—	—	—				
Take care of and feed infants in a nursery.....	—	—	—				
(479) (307,354,359)							

	L	?	D		L	?	D
Paint or do paperhanging in houses or buildings	---	---	---	Tend machines which mix or cook foods or drugs.....	---	---	---
Fix drains and faucets.....	---	---	---	Operate equipment to refine petroleum products	---	---	---
Lay bricks to construct walls and chimneys.	---	---	---	Operate a concrete mixer.....	---	---	---
Build frame houses and other wood structures	---	---	---	(435,447)	(5)		
(312,319)	(8)						
Assemble and repair watches or cameras...	---	---	---	Weld metal parts together using automatic welding machine.....	---	---	---
Cut, sew, and fit cloth, leather, or fur articles.....	---	---	---	Drill with a jackhammer in ore or rock....	---	---	---
Make or repair furniture or cabinets.....	---	---	---	Straighten bent fenders and auto bodies..	---	---	---
Cut and shape glass or stone for jewelry and other small articles.....	---	---	---	(312,435,322)	(8,93)		
(430,312)	(5,6,7,8,9)						
Use precision measuring instruments to inspect products for flaws.....	---	---	---	Operate power sewing machine to make clothing	---	---	---
(271,282)	(5,6,7,8,9)			Pack fruit or vegetables for market.....	---	---	---
				Assemble metal parts with handtools....	---	---	---
Letter or stencil posters and signs.....	---	---	---	Wind electrical coils and armatures.....	---	---	---
Set type by hand for printing.....	---	---	---	(312,319,435,322)	(7,8)		
Operate machines to set type.....	---	---	---				
Develop and print pictures.....	---	---	---	Feed metal stock into machine to cut or shape metal products.....	---	---	---
(312,274,435)	(65,97)			Tend sawing or boring woodworking machines	---	---	---
				Polish marble or granite by machine.....	---	---	---
Make bread, cakes, and other bakery products	---	---	---	Use machines to press, stretch, or pleat fabrics	---	---	---
Operate furnaces or ovens to heat or melt metals	---	---	---	Mix paints according to formulas.....	---	---	---
Pour or dip hot metals into molds.....	---	---	---	Tend tanks to dye or bleach leather.....	---	---	---
Mix solutions for plastic materials.....	---	---	---	Operate equipment making or treating paper	---	---	---
(319,435,447)	(5)			(435,322,447,356)	(5,6)		
Guard property against fire, theft, or damage	---	---	---	Deliver telegrams by bicycle.....	---	---	---
Store explosives.....	---	---	---	Clean and polish shoes.....	---	---	---
Check people entering factory gate and direct to proper entrance.....	---	---	---	Distribute printed advertising to homes..	---	---	---
(427)	(37)			Wash dishes and silverware by machine..	---	---	---
				Stack bundles of wheat, oats, and barley..	---	---	---
Inspect and test quality of articles by taste, sight, or hearing.....	---	---	---	(509,360)	(3,23)		
Inspect articles by use of simple measuring devices.....	---	---	---				
Sort articles by size and color.....	---	---	---	Carry and set stakes in a surveying crew..	---	---	---
(271,282)	(4,5,6,7,8,9)			(282)	(081)		
Lift and move objects with small crane on electric truck.....	---	---	---				
Operate automatic metalworking machines.	---	---	---				
Operate machine to fill bottles, jars, or cans with liquids.....	---	---	---				
(435,444,447,356)	(5,6,92)						

NOW, GO BACK AND DOUBLECHECK AT LEAST THREE ACTIVITIES THAT YOU WOULD MOST LIKE TO DO

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